

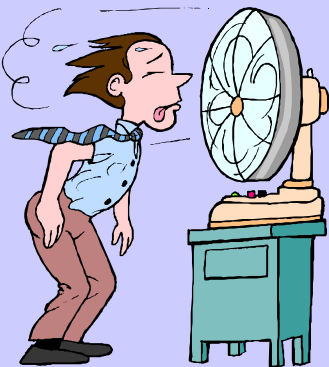


Vol. 59 No. 27

Friday, July 12, 2002

**What's Inside:**

**Heat Wave**



*Excess heat retention and dehydration can lead to a variety of heat-related injuries. See page 4 to learn more.*

**Help Kids Beat Summertime Blues**



*School has been out for a few weeks and some kids may be battling summer boredom. The Gazette offers ideas to help your kids the blues. See page 7.*

**Camp Adventure On the Air**



Photo by JOC Diane Jacobs

*More than 60 kids enrolled at MWR's Youth Program, "Camp Adventure" recently visited GTMO's favorite, and only, radio station — Naval Media Center Broadcasting Detachment Guantanamo Bay. JO3 Celeste Eneas, gave them some "air time," allowing them to say "hello" to their working parents. See more on page 6.*

## Energy Conservation

Keep your car well-tuned. A well-tuned vehicle uses up to 9 percent less fuel than a poorly tuned vehicle and releases less pollution.

## Water Conservation

July 1 - 7  
Total Used  
8,445,914.0  
Daily Avg  
1,206,559.1  
Daily Goal  
700,000  
We spent **\$67,372.37**  
**OVER** our goal last week.

### U.S. Naval Base Guantanamo Bay, Cuba

#### GAZETTE

Commander, Naval Base  
CAPT Robert A. Buehn

Chief Staff Officer  
CAPT(Sel) Michael Fair

Command Master Chief  
CMDMC(AW/SW) Ellen M. Mustain

Public Affairs Officer  
JOC Richard Evans

Gazette Editor  
JO1 Amy Kirk

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Phone: 4502, 4520  
Fax: 5279  
E-mail:  
pao@usnbgtno.navy.mil  
GAZETTE On-line:  
www.nsgtmo.navy.mil

# Upcoming Changes To Make Our TSP More ‘User Friendly’

By Army Sgt. 1st Class Kathleen Rhem  
American Forces Press Service

Upcoming improvements to the Thrift Savings Plan for both military and federal civilian employees will make the program easier to use.

Lt. Col. Tom Emswiler, an Army lawyer who directs the Armed Forces Tax Council in the Pentagon, said the most significant change will be that accounts will become daily valued, instead of the current monthly valued. All transactions will be updated daily, he said.

Other changes include better online access to accounts and participant statements expressed in shares and dollars, instead of just dollars as the current statements are.

All changes are due to be implemented Sept. 16. Emswiler said no action is required from participants. However, he cautioned, there will be a two-week period from the end of August until Sept. 16 during which participants will be unable to make certain changes to their accounts or make withdrawals.

“For that two-week period when they’re actually transferring accounts into the new record-keeping system, there’s going to be a pause in your ability to do certain things,” he said.

TSP participants will gain the ability to make changes daily, “but this isn’t meant to make you a day trader,” Emswiler said. “Think about your long-term investment needs and don’t move your accounts simply based on short-term market fluctuations.”

He noted the Thrift Savings Plan is intended to be a retirement investment plan. “That means it’s a long-term investment, you don’t want to just jump around based on short-term needs,” he said. “You want to develop your investment strategy based on what level of risk you’re willing to accept, whether your needs are long-term or short-term, and then stick with that plan.”

For more information on the Thrift Savings Plan, visit [www.tsp.gov](http://www.tsp.gov). A chart outlining the upcoming changes is available online at [www.tsp.gov/forms/tsplf11.pdf](http://www.tsp.gov/forms/tsplf11.pdf).

### Want to learn more about TSP?

Attend the TSP Class at  
the Fleet and Family  
Support Center July 18  
from 10 to 11am.  
For more details or to  
register, call 4141

## Help Keep GTMO’s future beautiful

**Key to a beautiful future - saving our resources through recycling and reuse.**

Recycling participation is dropping. We were at 48% participation (housing residents putting bins out). We are now at 39% (this may be due in part to the number persons off island). Help us pick-up our numbers! Put out your blue recycling bin every Tuesday and get one ticket per bin. Earn 20 tickets and you can get a free T-shirt. Shirts can be picked up at the Recycling Center.

Forget to put out your bin on Tuesday? No problem. Drop your recyclables off at the Recycling Center, Bldg. 1751. Get \$.05 per can or bottle, as well as a ticket toward a GTMO Recycles t-shirt.

#### The following items are recyclable:

Plastic Glass Metal Aluminum Tin cans (soup cans)  
Batteries, aerosol cans (whipped cream, paint, cooking spray, hair spray, etc.) - we don’t want these going to the landfill. They blow up when put in the fire.

#### Household Hazardous Waste:

PCSing and don’t know what to do with your cleaning supplies, paints, oils...You can’t pack them up with your Household Goods. Take them to the Hazardous Waste Facility, Bldg. 850, located across from the Ceramics Shop. You can turn in these items for disposal at no cost to you. We want to make sure they do not end up in our landfill.



# NESA - Advocacy In Action For Mobilized Reservists

*From Naval Personnel Command Mobilization Detailing Public Affairs*

When word was first passed in early March that the Navy would be significantly reducing the number of recalled Reservists on active duty, Vice Adm. Norb Ryan, Chief of Navy Personnel, consulted with Vice Adm. John Totushek, Chief of Naval Reserve, regarding the pending early demobilizations.

In a message to the Fleet, Ryan expressed the concern that he and Totushek shared in ensuring that the early demobilization process was carried out, “with the individual in mind, doing our best to meet both the needs of the Navy and the personal and professional needs of our people.”

Continuing in his message, Ryan stated, “Great care must be taken by our staffs and by local commands to address potential problems for demobilizing Reservists. For example, it may be that some of our people would not be able to return to civilian employment before the end of their planned one-year active duty period.”

*Once contacted by an NESA representative, reservists are queried on their desires regarding early demobilization, extending on active duty and duty station/ location preference under that scenario. They are also asked to provide information regarding their desire to volunteer for recall again, should the need arise.*

Noble Eagle Sailor Advocacy (NESA) was created as a result of Ryan’s desire to ensure that the demobilization process was undertaken in a caring and sensitive manner, paying special attention to those Reservists to whom this news came, while certainly unexpected for most, as downright troublesome and hardship producing for others.

The NESA team has been providing a valuable service working as advocates for their fellow mobilized Reservists in the fleet, both at home and abroad since early April.

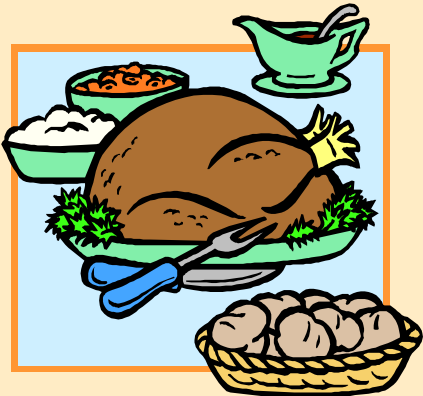
Comprised entirely of Reservists under the leadership of Capt. Claudette Wells, JAGC, USNR, branch head for Mobilization Detailing (PERS-44M), the NESA team has worked hard to be the patron for the mobilized Reservist in the “system.”

They have committed themselves to personally contacting every Navy Reservist mobilized for Operations Noble Eagle and Enduring Freedom. Once contacted by an NESA representative, reservists are queried on their desires regarding early demobilization, extending on active duty and duty station/location preference under that scenario. They are also asked to provide information regarding their desire to volunteer for recall again, should the need arise, as well as good contact information so they can be easily reached in the future.

*See NESA, page 9*

*Planning meeting for the  
Thanksgiving Dinner  
Thursday, July 18 at 2pm in  
Fellowship Hall.*

*Departments / Commands:  
Please send representatives.  
For more information, contact  
RP2 Johnson, 2323*



## BRIEFS

### Girl Scout Meeting - Volunteers Welcome

A meeting for all Girl Scout committee members, leaders and those interested in volunteering is set for Thursday, July 25 in the Girl Scout Room (A10) at the elementary school.

The meeting is open to everyone. If there are some JTF members or others who want to participate, please come. POC is Kerry Kemp w- 72414 or h-5899.

### CCC Note - Sept 02 Advancement Exams

BUPERSINST 1430.6E and NAVADMIN 193/02 provide information for the September 2002 Navy-wide advancement exams for E4 through E6. Candidates must meet all requirements no later than August 2002.

Exams are scheduled as follows: E6, Sept. 5; E5, Sept. 12; and E4, Sept 19.

The E5 Leadership Training Continuum (LTC) requirement must be completed prior to administration of the E6 exam. Personnel receiving a Flag waiver must have waiver prior to exam date. Those personnel completing LTC or receiving a waiver after the regular scheduled exam are not eligible for substitute exams.

Candidates must also maintain their commanding officer's recommendation for advancement to remain eligible for advancement.

The Navy Advancement Center web site at [www.advancement.cnet.navy.mil](http://www.advancement.cnet.navy.mil) has Bibliographies, Advancement Handbooks, the latest version of the NRTC catalog, and a table of recommended courses.

Courses are available through NETPDTC's Individual Enrollment System at web site: [www.courses.cnet.navy.mil](http://www.courses.cnet.navy.mil). For more information contact the Command Career Counselor at 4488/4537.

### Gazette Seeks Your Input

Are you looking for publicity for your organization's events? Know someone who deserves public recognition for their accomplishments, volunteer activities or unique interests?

The Gazette is here to help. Contact the staff at 4502 or send us an email at [pao@usnbgtno.navy.mil](mailto:pao@usnbgtno.navy.mil). Get your group or a special person recognized and let the community know what is going on in GTMO.



## Free Training for Child Development Home Providers

Among the finest-trained members of the Navy and Marine Corps family are the Child Development Home (CDH) providers, who guard and care for the nation's most precious resource — our children. Childcare providers offer warm and loving homes for children and assure Navy and Marine Corps parents that their children are in a safe and happy environment while they are serving their country. The CDH program, an element of Morale Welfare and Recreation (MWR), is available to anyone interested in becoming a home childcare provider.

The Navy's CDH program provides free training to obtain approval from the commanding officer and certification for anyone establishing a childcare business in their government quarters or in an off-base, privately owned or leased home. To become a CDH provider, you must submit to a medical screening, complete an application packet, provide three references, and undergo extensive background checks.

The CDH director also conducts a family interview in your residence. This interview is a crucial step in the certification process as you, your family and the director openly discuss childcare beliefs and practices, as well as the implications of establishing a childcare business in your home. The interview is also an excellent time to ask questions of the director before making a final commitment to becoming a provider.



Once you are committed to becoming a child development home provider, you must complete a free training program that focuses on developmentally appropriate childcare practices, child abuse, CPR training, discipline techniques and small business course work. The training also provides an excellent opportunity for the providers to share information and establish a support network.

Certified CDH providers are required to attend monthly meetings and will receive monthly supportive home visits from the CDH director. Providers who transfer to a new command should contact the CDH director for re-certification requirements.

There are also many and various financial aspects to consider when becoming a home provider such as insurance needs, tax deductions for equipment purchased and the cost of providing USDA-approved food.

The final financial consideration is the fee for services, which is negotiated between you and the parents of the children you care for, with guidance from the CDH program.

There are strict guidelines that determine how many children may be cared for in a home. Children-to-adult ratios should be considered when determining financial gain.

For more details on certification and training, contact Pat Bell at 2005. For additional information on the Navy's CDH program, go to <http://mwr.navy.mil/mwrprgms/cdh.htm>, the Navy's CDH program website.

## Hot, Hot and Hotter — Beware Summer Heat

### Navy NewsStand

If you think it is hot now, wait until late July and August. In most areas of the U. S. — and for that matter most of the northern hemisphere — the temperature goes up, the humidity goes up, and you drown in sweat.

So what's the big deal? You ask. The big deal is that you can die from the heat if you are not careful. Excess heat retention and dehydration can lead to a variety of heat-related injuries.

The most common heat-related incident, and the one that gets the least attention, is sunburn. Sunburn not only damages your skin leading to skin cancer but also aids in dehydrating the body. The key to fun in the sun is frequent application of sunscreen and protection from the direct rays of the sun, especially during the peak hours of the day from 10am to 4pm.

Heat rash is skin irritation caused by reduced ability for sweat to evaporate from the skin. The rash usually appears as pimples

on the neck, groin area or under the arms.

Heat cramps are painful cramps that occur mostly in the arms and legs caused by an excessive loss of salt. The key to treatment: provide cool water and a shady location for the person to cool down.

Heat exhaustion is caused by fluid loss from profuse sweating without enough fluid replacement. The individual will often get a headache, feel weak and tired, appear pale with cool moist skin, and have nausea.

Treat heat exhaustion by getting victims to a cool, shady location. Give them plenty of water to drink and have them lay down for a while. Personnel should obtain medical treatment to ensure personnel are properly recovering and rehydrating.

Heat stroke is the most serious heat condition and is a medical emergency. It is caused when the body's temperature regulating system fails and the body stops sweating. This causes an increase in internal body temperature because the body can no

longer evaporate heat.

People become dizzy, confused, with headache and nausea. The skin is red and hot to the touch. This rapidly leads to delirium, loss of consciousness, coma and death.

*Continued — See 'Heat' on page 8*



## Multiple Milestones Met



Photo by PH2 Wayne Abbott

CO -Naval Station, Capt. Bob Buehn, and CDR. Chris Lindberg, Operations Officer, both recently surpassed their 5,000 flight-hour mark. Both aviators logged this milestone at the controls of GTMO's station UC-12B. This UC-12B is a 25-year veteran of GTMO with 15,500 hours in its logbook. Capt Buehn, former CO of the VS 32 "Maulers" and former XO of USS CONSTELLATION, has an S-3 background and over 860 carrier landings to his credit. CDR Lindberg has a rotary wing background with both the Navy and Marines. NAVSTA Guantanamo was recently recognized for its 19 years of mishap free flight operations.

## Come Enjoy Evenings at the Chapel

### Women's Evening Bible Study

Interested women can contact  
LT Sharon Bush at 2323.

### Men's Evening Bible Study

Wednesdays at 7pm at the Fellowship Hall.  
FMI. call Cane Calhoun at 7469

### Youth Fellowship

For grades 7 through 12. Meet in  
Fellowship Hall every Thursday at 7:15pm.

### Mom's Touch

Join other moms and pray for  
children and teachers.  
Call Tina Schmitz at 5355 for information.

### The Iguana Crossing

Free speciality coffees and cappuccinos.  
Open Monday, Wednesday, Friday and  
Saturday evenings from 6 to 10pm. To  
volunteer for a 2-hour shift call 2323.

## "Vacation" Bible School Rescheduled

The Vacation Bible School as been rescheduled for Sept. 13 - 15.

**Registration:** 8am to 4pm, Monday - Friday at the Chapel Offices or Aug.  
17 and 24 at the NEX Atrium.

**Volunteer Meetings:** July 23 - Chapel Nursery, (Classroom 18) - 6:30pm  
August 13 - Fellowship Hall - 6:30pm  
August 27 - Fellowship Hall - 6:30pm

For details on the program, please contact 2323.

## Worship Services

### Roman Catholic Mass

(Main Chapel)

**Monday - Friday**

Daily Mass (Cobre Chapel) 0630

**Friday**

Liturgy of the Hours & Rosary  
(Cobre Chapel) 1700

**Saturday**

Reconciliation 1630  
Eucharist/Mass 1730

**Sunday**

Eucharist/Mass 0900  
Eucharistic Adoration/Reflective  
Prayer (Cobre Chapel)Daily, 24hrs

### Protestant Service

**Sunday**

Services - Main Chapel 1100 & 1930  
Camp America 0800  
Leeward-Marine Barracks 1430

### New Life

(Sanctuary B)

**Sunday**

Worship Service 1100

### Church of Jesus Christ of Latter Day Saints

(Sanctuary A)

**Sunday**

Sacrament 0900

### Jewish

(Sanctuary A)

Twice per month Call 2323

### Filipino Bible Fellowship

(Sanctuary A)

**Sunday**

Worship Service 1800

### Inglesia Ni Cristo

(Sanctuary B)

**Sunday**

Worship Service 2000

### Pentecostal Gospel Temple

(Sanctuary C)

**Sunday**

Worship 0800 & 1700

### Seventh Day Adventist

(Sanctuary B)

**Saturday**

Divine Service 1100

### United Gospel

(Sanctuary A)

**Sunday**

Service 1245

### United Jamacian Fellowship

(BLDG. 1036 - Next to Cable Company)

**Sunday**

Service 1100 & 1830

*Please ask the Faith Group  
Representative about Sunday  
School Times, Education  
Programs, Bible Study, Prayer  
Groups, etc. For more details, call  
the Chaplain's Office at 2323.*



## Is Your Vehicle Properly Registered?

COMNAVBASEGTMOINST 11200.1F states that before a private motor vehicle may be operated aboard Naval Station it shall be registered at the Motor Vehicle Registration Office.

1. The vehicle may be register only by its owner or the owner's agent (designated by a Power of Attorney). Registrations shall expire at midnight of the day the insurance policy expires.

2 The following documents are required to register a private motor vehicle:

- Proof of ownership (Title, Bill of Sale, or Registration Certificate)
- Valid Driver's License;
- Valid Motorcycle Safety Card is required for the person registering a motorcycle;
- Proof of Liability Insurance which must meet the following requirements:

(1) Minimum coverage:

(a) Personal injury or death; \$25,000 per person and \$50,000 per accident.

(b) Property damage; \$25,000 per incident.

(2) The insurance policy or certificate must:

(a) Be issued to, and in the name of, the register owner.

(b) Describe, with reasonable specificity, the vehicle or vehicles covered under the policy.

(c) State the limits of liability under the policy.

(d) Specifically state that it covers a vehicle or vehicles at Guantanamo Bay, Cuba.

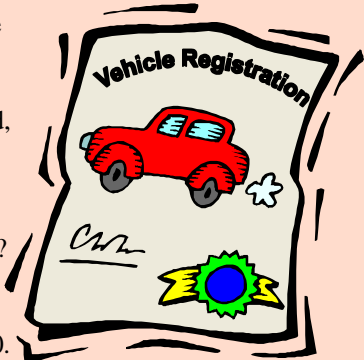
(e) Be issued for a minimum period of 6 months.

(f) Recite the expiration date of the policy.

e. Evidence of satisfactory completion of a safety inspection (done by Vehicle Registration personnel).

f. Signed written consent to impoundment.

The Vehicle Registration Office is on Boatshed Road, next to Base Security Headquarters. Any questions? Contact the registration office at #3730.



## Camp Adventure Kids Get A Taste of GTMO “Showbiz”

College students from seven states are running “Camp Adventure,” a worldwide program that brings recreational activities to children at overseas military bases, through the Morale Welfare and Recreation program.

The program offers the college students an opportunity to plan and implement model school-age services and youth development programs, develop leadership and management skills, enhance one's global awareness and promote cultural sensitivity. The students planned each week's activities upon their arrival to GTMO in June, and receive college credits and grades for their work here.

The credits and grades are nice, but the real goal for these students is to help children create magic moments and treasured experiences that last them a lifetime.

The Camp Adventure program mission is to enrich and enhance the well being of children. The overall program theme of “Catch the Magic,” suggests zeal, energy and enthusiasm and is demonstrated effectively by both the students running the program and the children they serve.

The Camp Adventure program runs through August.



(Left) IC2 Mike Shanklin explains how the radio station's automation system works to the Camp Adventure children.



(Below) JOSN Alexis Brown gives children a look at what happens inside the studio.

# "Mom! Dad! I'm Bored!"

## Gazette Staff Offers Family-Friendly and Fun Ideas to Help Beat Summer Boredom

It happens about the same time every year. The thrill of being out of school has worn off and most school-aged children are now suffering from the "Mom, Dad, I'm bored!" summer blues.

In a setting such as GTMO, those blues can increase when going to the pool gets old or the playground equipment is always too hot and school friends leave the island and your child is left with either having to make new friends or, worse, having no one to play with but imaginary friends.

The GTMO staff has talked to parents, scoured the Internet, and read various articles, in effort to compile a list of family-friendly and fun activities to help your children beat the summertime blues. Post the list on the refrigerator, highlight the activities that your children liked best or add your own creative suggestions.

Also, encourage your children to take part in the many and various Youth and Teen Center activities. They can have some fun and make a few new friends, too.

Go on nature walks and look for unique birds.

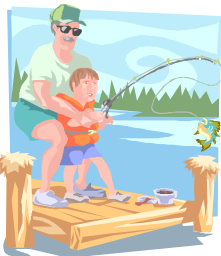
Organize a neighborhood Olympics.

Organize a water balloon fight.

Coordinate a scavenger hunt.

Take them camping, even if it's only in the backyard.

Play flashlight tag on a warm night.



Teach your kids to fish.

Create postcards.

Help them set up an obstacle course.

Give the kids a disposable camera. From the pictures they take, make

a collage.

Enroll them in Boy Scouts or Girl Scouts.

Encourage them to write a letter to their Member of Congress.

Clean up the neighborhood.

Encourage them to read the book; then rent the movie.

Employ them around the house — give them fix-it or clean-up projects.



Encourage them to become the local dog walker.

Hold a multi-family garage sale.

Take them bowling.

Help them start a pet sitting

service while people are on vacation.

Give them space for a garden and teach them how to grow flowers.

Start a book club with your kids.

Give them the camcorder and let them make their own home movie.

Conduct science experiments.

Learn a foreign language together.



Schedule family game night.

Write letters to a favorite, faraway relative.

Help them produce a play.

Help them start a collection -

shells, stamps, etc.

Have them take pictures of their

favorite summer

moments and make a scrapbook.

Encourage them to write a song and let them record it.

Encourage them to learn about different countries or

cultures and let them tell you what they learned over dinner.

Help bake cookies or cakes and let them decorate with different colored frostings.



# Smooth Sailing Ahead for MWR's Saluting Sailors and Their Families Travel Contest

By Robin A. Hillyer Miles,  
Navy Personnel Command, MWR Division Public Affairs

Smooth sailing is ahead for Navy Morale, Welfare and Recreation's (MWR) Saluting Sailors and Their Families program.

The goal of this program is to thank the Navy's active-duty Sailors, Reservists and their families for their personal sacrifices and commitment to keep this nation, and others, free. The program consists of numerous trips considered by past winners as "events of a lifetime." Entry is free.

Sound too good to be true? Sorry you missed an opportunity to win? The opportunity arises again this summer to enter two contests occurring later this year: Thanksgiving Week Caribbean Cruise — Holiday on the High Seas, and New Year's Eve in New York City II. Beginning July 8, go to [www.mwr.navy.mil](http://www.mwr.navy.mil) and select "Saluting Sailors and Their Families." Additional details will be released soon.

"Saluting Sailors and Their Families is a program designed to show appreciation to, promote quality of life for, and support the sacrifices being made by Navy Sailors and their families since the events of Sept. 11," said Ron Rossman, head of Navy Motion Picture Services (NMPS), and leader of the Saluting Sailors team. "This three-pronged program includes travel contests, movie sneak previews and base-level community support grants. Since it's implementation in late 2001, Saluting Sailors and Their Families has touched approximately 230,000 Sailors and family members, which is more than 20 percent of the Navy."

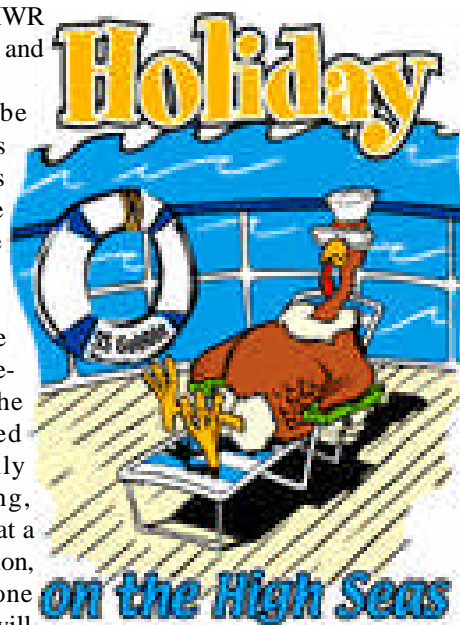
For more information on the travel contest program, go to [www.mwr.navy.mil](http://www.mwr.navy.mil) and select "Saluting Sailors and Their Families," where you will find updates on past, current and future contests.

You may also receive an official entry form and rules by sending an e-mail to [contestinfo@persnet.navy.mil](mailto:contestinfo@persnet.navy.mil).

The next two contests have four ways to enter: e-mail, Web submission, standard mail and fax. Your local MWR office has entry forms and information.

Entrants must be active-duty members or lawful dependents of the following: the Armed Forces; the Individual Ready Reserve (IRR) and Selected Reserve (SELRES), and active-duty members of the other Uniformed Services, or a family member serving, stationed or residing at a Navy installation, station, unit or ship. Only one member per family will be eligible to receive a prize. Winners of previous Saluting Sailors and Their Families contests are ineligible to participate in current or future contests for one calendar year from date of prize trip.

For more information about the Holiday on the High Seas contest and other MWR contests, go to [www.mwr.navy.mil](http://www.mwr.navy.mil).



## Heat, from page 4

Someone suffering from heat stroke must be treated quickly by soaking their clothes with cool water and getting them to a cool shaded area. Fanning will help to increase the cooling. Medical treatment must be obtained promptly or damage to internal organs, the brain or death will result.

Typically the United States experiences heat waves that affect the elderly the most, and every year many people die from the heat. But you don't have to be elderly to get caught by the heat stress monster. The Navy and Marine Corps lose several people a year to the heat. Heat Stress is not something to be taken lightly.

So how can we enjoy the summer without becoming a heat stress statistic? The most important thing you can do is to stay hydrated. The best way to do that is to consistently drink water regardless of

whether you feel thirsty or not. You should drink at least eight glasses of water a day under normal conditions and even more when the heat is up. The loss of fluid causes the body core temperature to rise, leading to heat exhaustion and heat stroke. So the solution is to stay hydrated by drinking water. The best way to tell if you have enough fluid intake is when your urine is a pale yellow. As the color darkens it is a indication that you are losing water and need to be drinking more.

Other methods are to adjust to the heat before resuming full workloads. When suddenly put into a hot environment you should do light work and take longer rest periods for the first five to seven days of intense heat.

If exercising and working out observe the heat stress flag conditions.

Green - Discretion in planning heavy exercise.

Yellow - Strenuous exercise/activity should be curtailed for new and unseasoned personnel during the first three weeks of heat exposure.

Red - Strenuous exercise curtailed for all personnel with less than 12 weeks training in hot weather.

Black - Physical training and strenuous exercise suspended for all personnel (excludes operational commitment NOT for training purposes).

Again, remember to drink plenty of water. When exercising, drink a cup of water every 20 minutes. The basic information about the sun and heat injuries boils down to basic protection from the sun's rays, proper hydration and common sense. You can have fun in the sun if you do it wisely.



# Do You Know About the NLSO?

***Need Legal Advice? GTMO’s Navy Legal Service Office Can Help - and It’s Free.***

Who would you go to if you needed a document notarized? Would you know who to ask advice from if you were facing Captain’s Mast? No? Well, according to the staff at the Navy Legal Service Office (NLSO), you are not alone.

“A lot of people don’t even know there is a Navy Legal Service Office here,” said Legal Officer, Lt. Chris Williams.

Of those who do, Williams explained they often confuse it with the Staff Judge Advocates office.

“Many Sailors don’t realize that the SJA is here to represent the command, not the individual Sailor,” he said. “NLSO is here to provide guidance and legal assistance to all Sailors, even those attached to JTF 160 and 170.”

Williams, a graduate of the University of Texas, explained that attorneys are useful and necessary, not only when

things take a wrong turn in your life, but for planning and organizing your life as well.

NLSO offers various legal assistance services such as powers of attorney, notary services and bill of sales on a walk-in basis. All services are free of charge to eligible personnel.

Active duty and retired military personnel from any branch of service are eligible for legal assistance, as are their dependents.

A legal assistance attorney, in this case Williams, is available by appointment to provide advice and counseling on issues such as domestic relations, consumer law, immigration, military rights, real estate or landlord-tenant problems, trial/court date postponements, estate planning matters (including preparation of wills), and other personal legal matters.

This includes legal counseling for personnel facing nonjudicial punishment or court-martial, or who have a grievance against their command.

“If you have been accused of something, it is my job to give advice and educate the Sailor on possible consequences,” said Williams. “I also go over the rules governing Captain’s Mast and make sure they understand what their rights are.”

The Guantanamo Bay NLSO is located in Building 760 (the yellow building on your left before Bulkeley Hall). Office hours are Monday through Friday from 0800 to 1600. The office is closed daily from 1200 to 1300. Please call 4692 for more information or an appointment. Your Naval Legal Service Office—we’re here to help!

## NESA, from page 3

During the conversation, if a member indicates that they will experience a significant hardship as a result of early demobilization, the NESA team does two things.

First, they gather as much information as possible to document the member’s hardship, usually asking the individual to send the team a fax or email with all the details. Second, they review the details of the hardship to determine whether NESA has authority to alleviate the problem, or whether the hardship requires adjudication at a higher level.

Although not always resolved in every case to the exact desire of the member, each and every hardship case that NESA handles is judged on its own merits and receives the same individual attention. All this is done in a continuing effort to do as much as possible to alleviate as many hardships as possible for each member.

The adopted motto for the NESA team is a Latin phrase that reads “Fortiter in Re, Suaviter in Modo.” The motto was realized by Lt. Cmdr. Chris Rossing, USNR, another charter NESA team member, one day as he was fashioning a crest for the newly formed Noble Eagle Sailor Advocacy team a few

months ago.

Loosely translated, the Latin expression reads “Resolutely in Action, Gently in Manner” or more plainly “To do what must be done, but accomplishing it as inoffensively as possible.” In many ways, this sentiment echoes another motto the Navy Personnel Command declares of “Mission First, Sailors Always.”

As of mid-June, the NESA team has contacted just over half of the more than 9,300 Reservists activated for Operations Noble Eagle and Enduring Freedom. Central to this effort have been the 7,300 incoming and more than 20,000 outgoing phone calls processed by NESA team members since early April 2002.

With the majority of unplanned early demobilizations now complete, the next phase in the mobilization administration plan consists of implementing and managing the demobilization and/or volunteer extensions on active duty for those Reservists whose initial 365 day recall orders will soon be expiring. In the coming months, NESA team members will be fervently attempting to contact each and every Reservist mobilized for Operations Noble Eagle and Enduring Freedom in a

effort to make their transition from military duty back to civilian life as smooth as possible.

To help in this effort, Reservists currently mobilized under Noble Eagle/Enduring Freedom orders are asked to contact the NESA team if they haven’t already done so. They can be reached most easily toll-free at 1-800-303-8913 or DSN 882-4684 / 4685 / 4686 / 4687 / 4688. They can also be reached by e-mail at nesa@persnet.navy.mil.

### GTMO Gazette Online

*Trying to get your hands on the latest Guantanamo Bay Gazette? Miss several issues while on summer vacation? Don’t worry. Just log on to the World Wide Web. Go to the Gazette Online at [www.nsgtmo.navy.mil/Gazette.htm](http://www.nsgtmo.navy.mil/Gazette.htm). View the latest and past issues of your favorite Guantanamo Bay Gazette.*

# Brittle Stars

By Nicole Ludovici and  
Paul Schoenfeld, Natural Resources Manager

(Nicole Ludovici is a summer hire working in Public Works.)

Brittle stars are marine invertebrates related to Sea Urchins, Starfish, Sea Cucumbers, Sea Lilies, Sand Dollars, and other members of the Phylum Echinodermata, meaning spiny-skin. This is a large group of animals representing over 6000 species and 13000 fossil records. Echinoderms are characterized by radial symmetry and a central mouth. They are simple creatures, lacking a brain and complex sensing organs.

Brittle stars are spiny, hard-skinned, long-armed echinoderms that live on the rocky sea floor from shallow waters to depths of 20,000 feet. There are over 2,000 species of brittle stars worldwide and they are close relatives of the starfish. They have five long, thin, spiny arms that radiate from a flat central disk. Tube feet on the arms sense light and odors. Most are 3 inches or less in diameter and they vary in color. They are usually a dark reddish color during the daytime and change color at night to a blackish brown and gray.

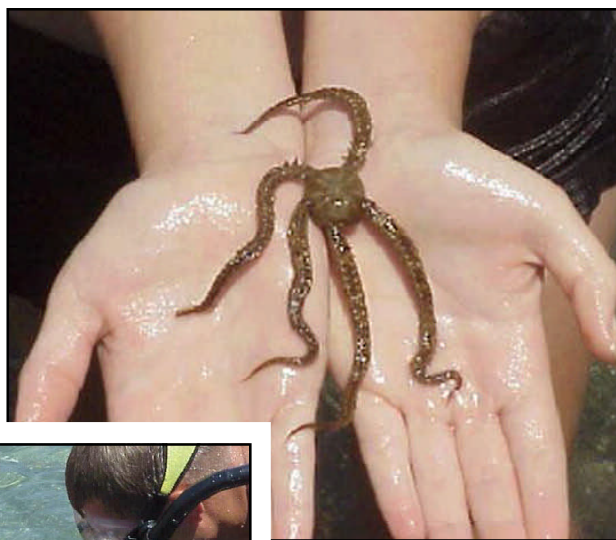
Brittle stars get their name because they are in fact, brittle, often losing limbs but able to fully regenerate them. This is a mechanism used to escape fish and other predators. If the broken arm is attached to a significant portion of the central disc, an entire new Brittle star may be regenerated. This allows Brittle stars to reproduce asexually by self-division. They also reproduce sexually with two reproductive outlets at the base of each arm. These ten outlets are used for spawning in open water.

Brittle stars hide during the day in dark crevices. They are best seen at night when they emerge to feed on plankton, detritus, and small marine animals such as worms. Two of the best-known species are the green brittle star found from Massachusetts to Brazil, and the European brittle star. The most widespread species is the long-armed brittle star, which is grayish, blue and highly luminescent. However, the reticulate brittle star is most often seen in GTMO waters and is found off the coast of Florida and throughout the Caribbean.

Scientists have recently discovered a species of Brittle star, whose outer skeleton is covered with crystalline lenses, working as an all-seeing eye. This compound eye is an integral part of the calcium skeleton and allows brittle stars to detect predators and seek out hiding places. This is the first of its kind observed in nature and is superior to any manufactured lenses because it naturally compensates for physical defects associated with fabricated lenses. Researchers believe studying this Brittle star has important scientific implications. Knowing how this natural optical system works may lead to technological advances in optical network chip design.

## Creature Feature

“Creature Features” are submitted by The Guantanamo Bay  
Environmental Office



Above: Is it a baby octopus? A baby star fish? No, it is a close-up view of the unique Brittle Star.



Left: Noah Schrieffer (far left) shows and Paul Schoenfeld his discovery, a Brittle Star.

### Reminder: Taking the Nassau or Goliath Grouper is prohibited





# GTMO SHOPPER

## FOR SALE

(1) Computer table (fair condition). \$50.00 OBO call 2774.

(1) Whirlpool washer. Approx. 3-years old, 2-speed, 7-cycle, 5 temperature controls. Excellent condition \$125.00 OBO, 4961 DWH, 5714 AWH.

(2) Dining Room table with bench chairs, good condition \$50 or best offer. Please call AWH 7906.

(2) In Brand New Condition- Pentium III 800 MHz, 96 MB SDRAM , 56 K Modem, 30 gig Hard Drive , 52x CD, New Internet Headset, Windows & Office XP professional(pre-loaded); HP 640C Deskjet, 15-inch monitor, Smart Force (pre-loaded); Brand New Olympus d-370 1.3 megapixel Digital Camera (with Case and batteries). Accepts Best Offer. Call DWH – 6277 or AWH 5646 or email hueburg@hotmail.com

(3) Genesis Paintball Marker. Recently re-built. Mom says I have too many. Must sell. Call 5613.

## VEHICLES/BOATS

(1) 1983 Chevy Blazer 4x4. Great Condition- Outstanding Performance -Extremely Reliable. \$2000 OBO. Call 7614.

(1) Harley-Davidson Electra Glide Classic, show room condition, loaded, \$17,000. Please Call 7123 AWH.

(1) 20' Hurricane deck boat, center console, strong 90 HP Johnson, loaded, \$5,500. Please call 7123, AWH.

(2) GTMO SPECIAL - Black, 4-spd Toyota Truck. \$600 OBO. Call David at (H) 7390 or (W) 4444.

(3) Great family car: 1996 Camry SE 4D, Less than 80,000 miles, tires less than a year old, in good shape, not a GTMO special. Kelly Blue Book valued at \$9,000 +, asking \$5,000. Call 5552.

## WANTED

Looking for a used Recliner Chair. Call 3065, leave a message.

Are you a starving artist? I'm looking for someone to do a charcoal or a pen & ink. Interested artist call 5418.

Looking for a reliable local to do some work on my Baldwin/Wurlitzer. Interested call 5418.

Sitter needed for two school age children. Beginning 2003 school year. 7:15 am through 2:30 pm M-F. Great job for local college student, lots of study time. Contact Tammy DWH 4162 x 224, after 5 pm 7185.

Wanted: Small apartment or efficiency in Orlando, FL. Preferably close to UCF. Call JoAnn at 2774 with information.

## EMPLOYMENT

LCN is accepting resumes for a full-time Accountant. The candidate must have a bachelor's degree in business, finance or accounting. Please submit your resume at the LCN offices. For more information call 2852.

The following are positions available through the Human Resources Office (HRO).

**Open with Closing Date**  
Medical Records Administration Specialist, closes 07/23/02  
Medical Records Technician (AO), closes 07/23/02.

**Open to Foreign Nationals**  
Maintenance Mechanic, closes 07/23/02

**Open Continuous Vacancies:**  
Supply Technician, 1<sup>st</sup> cutoff 12/21/01, closes 12/06/02  
For more information contact the Human Resources Division at ext. 4822 or 4430.

The following job opportunities are available at the Navy Exchange.

**Full Time** - Monday - Friday, 7:30am - 4:30pm  
Sales/Audit Clerk

For details, visit the Navy Exchange Personnel Office or call 4119.

## SERVICES

Experienced, Red Cross Certified babysitter available. Call Melissa at 5418.

I have joined my sister in the babysitting ranks....I'm Red Cross certified and experienced. Need a babysitter call CJ at 5418.

Babysitter -- American Red Cross certified. Call Rhett at 7864 for your child care.

Going away for the holidays or just need help caring for your pet? Your worries are over, two responsible sixth grade students are here to help. We are very experienced and can handle anything. Call 7797 and one of us will be there!

Need a night to yourselves...Red Cross certified and experienced baby-sitters. Call Amanda or Christa @7892.

## PETS

Ugly, good natured cat needs a home - we need a home for hobbies. He is a lovable, fat orange stripe tabby, not great on looks but he loves to be petted and has a good personality. He is at the vet clinic. FMI, call 2101 or 7539.

## YARD SALES

Saturday, July 13 - 32B Nob Hill. Starting at 8am - NO EARLY BIRDS. Various items for sale.

Saturday, July 13 - 20B Nob Hill. Starting at 9am - NO EARLY BIRDS. Clothes, books, videos, CDs, exercise equipment, toys.

## ANNOUNCEMENTS

Next hash of the GTMO Hash House Harriers will be at Monday, July 15 at 1715a t the soda machines in East Caravella. Bring hash cash - all are welcome!

The Base Chaplains Office is sponsoring a Piano Tuner late summer or early fall. Anyone interested in having their pianos tuned call the Chaplain's office at 2323.

The GTMO Association of Fishermen (GAF) is welcoming new members. Meetings are held Thursdays at 7pm at Pelican Pete's Marina. FMI, show up at the marina or email jbfins@hotmail.com.

Calling Uniformed Services University of the Health Sciences graduates: Your alumni association wants to hear from you to find out what you are doing in Guantanamo Bay Cuba. Write to Sharon Willis (SWillis@usuhs.mil) with any news that you would like to share.

## PERSONALS

Thank you to all the children who came to Emma Campbell's fourth birthday party. Your kindness and willingness to come play with her are the best gifts a new child to the base could hope for.

Congratulations to Josh King on being accepted into the University of Central Florida Department of Criminal Justice Graduate Studies program.

## Attention JTF 160 & 170 Personnel

### Healthcare Options for members of JTF 160 and 170

*In case of an emergency, dial 911.*

*Joint Aid Station at Windward Loop Bldg. 1-B*

*Open Monday-Friday Sick Call Hours of Operation - 0700-1630*

*Joint Aid Station Camp America*

*Open Monday-Sunday Sick Call Hours of Operation - 0700-1000 and 1300-1500 Walk-in Clinic 24/7*

## NEX/Commissary Advisory Board Meeting

**July 17 at 2:00 pm  
Bulkeley Hall Auditorium**

## GAZETTE Classified Ads

Classified ads may be submitted in person at the COMNAVBASE Public Affairs Office in Bldg. 760 or by e-mail at pao@usnbgtno.navy.mil

Ads run for three weeks unless otherwise specified (Exception: *Personals*, run one issue only).

Ads should include the advertiser's full name and contact information.

Advertiser is responsible for notifying the Gazette staff of items that are sold so the ad may be deleted.

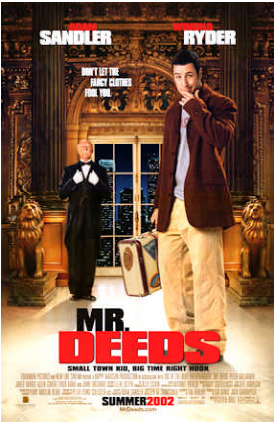
All ad text may be edited by the Gazette staff to conform to format.

The deadline for submitting ads for each week is noon Wednesday of the week you want your ad to start.



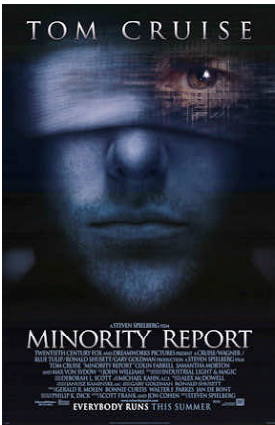
Mr. Deeds

Comedy/Romance  
1 hr. 36 min.  
Starring:  
Adam Sandler,  
Winona Ryder,  
Steve Buscemi  
Peter Gallagher,  
Jared Harris  
Mr. Deeds is a young man from the small town of Mandrake Falls, NH who inherits controlling interest in a massive media corporation from his deceased uncle. He then starts injecting his small town values into its various businesses.



Minority Report

Action/Adventure,  
2 hrs. 20 min.  
Starring:  
Tom Cruise,  
Colin Farrell,  
Samantha Morton,  
Peter Stormare,  
Max von Sydow  
Set in a 2054 Washington D.C. judicial system in which killers are arrested and convicted before they commit a murder using unique psychic technology. Tom Cruise is the head of this Pre-crime unit and is himself accused of the future murder of a man he hasn't even met.



About A Boy

Romantic Comedy  
1 hr. 45 min.  
Starring:  
Hugh Grant,  
Rachel Weisz,  
Toni Collette,  
Nicholas Hoult,  
Isabel Brook  
Will, a rich, child-free and irresponsible Londoner in his thirties who, in search of available women, invents an imaginary son and starts attending single parent meetings. As a result of one of his liaisons, he meets Marcus, an odd 12-year-old boy with problems at school. Gradually, Will and Marcus become friends, and as Will teaches Marcus how to be a cool kid, Marcus helps Will to finally grow up.



Movies
FRIDAY, JULY 12
8pm Mr. Deeds PG13 - 91min 10pm About A Boy PG13 - 101min
SATURDAY, JULY 13
8pm Lilo & Stitch PG13 - 116min 10pm Unfaithful R - 124min
SUNDAY, JULY 14
8pm Minority Report PG13 - 140min
MONDAY, JULY 15
8pm Bad Company PG13 - 117min
TUESDAY, JULY 16
8pm About A Boy PG13 - 101min
WEDNESDAY, JULY 17
8pm The New Guy R - 97min
THURSDAY, JULY 18
8pm Minority Report PG13 - 140min

What's Happening...

<b>MWR &amp; Law Enforcement Special Olympic Torch Run</b> July 20 All GTMO Residents are encouraged to support this worthy cause, by aiding The Special Olympic's physically challenged. Race Begins at 6:30am. Donations will be accepted. 100% of the proceeds will be sent to The Special Olympics in the name of U.S. NAVAL BASE GUANTANAMO BAY, CUBA.
<b>Least Worst Band</b> July 20 - Performing live at 8pm on the Bayview Patio
<b>Men's &amp; Women's Tennis Tournament</b> July 20th & 27th Sign-up deadline is July 18 at 4pm. FMI call 2193.
<b>GTMO Queen Fishing Trip</b> August 2 - GTMO Queen Will Depart the Bayview Dock at 5pm for 8 hours of fishing A limited number of rods & reels, bait and ice will be provided. \$5 per person A 20-person limit. Bring your own refreshments and snacks. FMI call 2345.
<b>Pelican Pete's Marina</b> Free lessons - Sailing, Kayak, Daytime and Nighttime Boat Handling Instruction available. FMI call 2345.
<b>Marblehead Lanes Bowling Center</b> Friday - Xtreme Bowling 7pm to 12am Sunday - Xtreme Bowling 1to 6pm
<b>Parent's Night Out</b> CDC Saturday, July 20 - 6:30pm to midnight A reservation fee of \$2.50 is due by Wednesday, July 17 for your child(ren). One hour - \$2.50, two hours - \$5.00, and three or more hours - \$12.00. For more information, call 3664.
For more information on any of the events listed above, call 5225.